

The Fjellheim Flammen



Fjellheim Lodge 6-107

Sons of Norway

1045 Ford Street, Colorado Springs, CO 80915

719 574-3717

www.sonsofnorwaycs.com

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Volume 42 Issue #01

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

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Monthly heritage meetings are held the second Wednesday of every month (except July).

6:30 pm

Viking Hall, 1045 Ford Street

Send Articles to :

**Kerry Hefta
khefta@comcast.net**

Deadline for the February Issue is January 20th

Fjellheim Lodge 6-107

2024 Event Calendar

Save the Date

*Valentine Fish Fry: February 17, 2024 @ 2:00 pm. Cost \$25; limit 125 people
Reservations: Karen Ravnaas 719-390-0621 or see flyer in The Flammen (page 4)*

*Winter/Spring Tea: March 16, 2024 @ 2:00 pm. Cost \$25; limit 125 people.
Reservations: Kathie Godsil 719-229-9289 or see flyer in The Flammen*

*Frokost: April 14, 2024 @ 11:00 am & 2:00 pm. Cost: \$25 for members and \$27 for non-members.
Limit 125 @ each serving.*

Reservations: Karen Ravnaas, 719-390-0621 or see flyer in The Flammen

May – TBD

Old Colorado City Farmers Market @ Bancroft Park, June 8 – September 28, 2024. Details TBD (except Sept 14)

*Summer Picnic/Potluck: June 16, 2024 @ 12:00 Bear Creek Park.
Reservations: Karen Ravnaas, 719-390-0621 or see flyer in The Flammen*

*District 6 Convention: June 21 – 23, 2024 @ Tuscany Suites & Casino, Las Vegas, NV.
Information to follow.*

Heritage Meeting Summer Salad Potluck: August 14, 2024 @ 6:00 pm

August – TBD - Baseball Game?

*Anniversary Fish Fry : September 14, 2024 @ 2:00 pm. Cost: \$25.
Reservations: Karen Ravnaas, 719-390-0621 or see flyer in The Flammen*

Viking Fair: October 19, 2024 – Eunice Bluhm: Details TBD

*Lutefisk and Meatball Dinner: November 16, 2024; servings @ 1:00 and 4:00 pm.
Reservations: Karen Ravnaas, 719-390-0621 or see flyer in The Flammen*

Traditional Norwegian Julebord: Saturday, December 14, 2024 @ 2:00 pm w/Social @ 1:30 p.m.



La oss ha det gøy!



Fjellheim Event Schedule for Winter 2024

Event	Date	Time	Place
Undecorate Lodge	Wed Jan 3rd, 2024	10 am	Viking Lodge
Board Meetings	First Wed of the month Jan 3rd	2 pm	Viking Lodge
Sullivan Open House	Sun Jan 7	1–4 pm	Viking Lodge, Hosted by Danny and LP Sullivan
FMC Meeting	Second Wed of the Month: Jan 10th	5:30 pm	Viking Lodge
Heritage Potluck Supper	Second Wed of the month: Jan 10th	6:30 pm	Viking Lodge, New Officer will bring
Heritage Meetings	Second Wednesday of the month: Jan 10th	7:00 pm	Viking Lodge, Business and Cultural meetings begin
Card Social and Potluck	Delayed until spring 2024!	12:30 pm	Viking Lodge
Advanced Norwegian	** Note Classes Move to Monday Starting Jan 8th	3:30 pm	Viking Lodge—email Erik Tjelmeland: norsk75usa@gmail.com
Intermediate Norwegian		4:30 pm	
Beginning Norwegian		5:30 pm	
Rosemaling	Jan 13th and Jan 27th	11 am to 3 pm	Viking Lodge Please call Cindy at (719)-330-1275 or BJ at (719)-440-3992 to confirm
Valentine Fish Fry	Sat Feb 17th	2:00 pm	Viking Lodge, Info TBD
Lefse baking	Every Tuesday starting April 2nd	9:00 am	Viking Lodge
Frokost	Sun Apr 13	11:am and 2:00 pm	Viking Lodge,
Sons of Norway District 6 Convention	June 21-23	All day	Tuscany Suites & Casino, Las Vegas, Nv

FAMILY With the Holiday Season rapidly approaching, often we look forward to precious time with our Families with great expectations, much as a child who is looking forward to Christmas morning. In normal times that would usually be the case. But, not so with all that is happening in today's world.

That is why, it is even more important now that we reach out to one another, our special friends and families of Sons of Norway, to continue to be there for one another. Please stay in touch with each other since we already have this common bond established. It helps us through these difficult times. Nothing is more relaxing and reassuring than a friendly and concerned voice, or a text or face time or whatever, to comfort one another.

We must all, think of our Sons of Norway members as treasured Family,Always.

May your Christmas be **Merry** and please enjoy the upcoming **New Year**.

Best Wishes

Hendahl Hjertstad



Financial Benefits Advisor

Sons of Norway/Colorado

Office 970-697-1114 or NEW cell 970-978-1634

UPCOMING LODGE EVENTS AND NEWS you need to know:

Nomination of Officers and Support Positions: We are still in need of a President, Vice President, and Auditor. Thank you to all who have stepped up to fill vacant positions and to those who are continuing on with positions you already have.

Initiation and Installation of Officers is held at the start of the January 2024 meeting. The Board of Officers and support officers will provide the lunch @ 6:30

Undecorating the Lodge: January 3, 2024, 10:00 am. Board meeting to follow @ 2:00 pm.

2024 District 6 Convention, June 21 – 23, 2024: The convention will be held at the Tuscany Suites & Casino in Las Vegas. Nomination for up to 6 (TBD) delegates in January 2024. The lodge will pay for your convention packet, including meals; travel and lodging will be on the delegate. Please give some thought to attending and ask someone to nominate you.

Calling for 2023 Photos

During the past year, many of you have taken pictures on your phone, especially those of the 50th Anniversary. Please go through your photos, find the very best ones, and send them to me @ KRavnaas@q.com for inclusion in the 2023 History Book. Tusen Takk!

Volunteer Hours for 2023

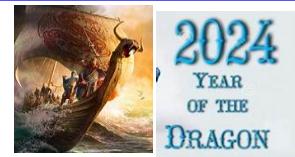
Please submit the fraternal and community hours you worked in 2023 so they can be counted and submitted for the **Lodge of the Year** report.

Submit them to KRavnaas@q.com or call me @ 719-390-0621. Due 12/31/2023. Thank you very much!! **Do not text**, phone is a landline!

(If you signed any event work sheet, do not include those hours here)



Sunshine Report — January 2024



Happy Birthday and Happy Anniversary to all who are celebrating these special occasions during January 2024. Happy New Year and may all your wishes come true.

Please keep the families and friends of our dearly departed members in your prayers:

Grace Johnson, Charter member of Fjellheim Lodge, suffered a massive stroke on August 6 and died peacefully on August 11. See her obituary on page 4.

Laura Leigh Jahnke, daughter of Kari Jahnke and granddaughter of Vivian Bjornen (Charter member), passed away at the age of 38, on November 24, 2023. See her obituary on page 5.

Shirley Sampson, 89, passed away on November 7, 2023. She was married to Dr. John J. Sampson, a long-time member of Fjellheim Lodge, and was very active in their early years. See her obituary on page 5.

Other news:

Les Bailey is recovering from back surgery. We wish you the best, Les.

Kari Beck had heart valve surgery and it was very successful. Keep your spirits up, Kari, and continue on your journey to good health.

Ken Halvorson has been diagnosed with pancreatic cancer and is in home hospice. He has had good days and we hope there are more good days than bad. We are thinking of you Ken and miss you at the lodge.



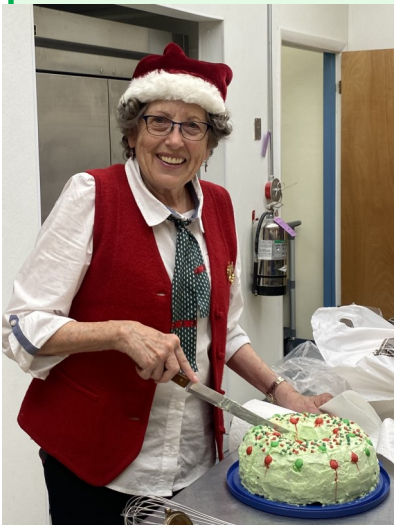
Sullivan Open House: Danny and LP Sullivan will be hosting an open house on Sunday, January 7, 2024, between 1:00 and 4:00 pm in honor of Millie and Chuck Sullivan (pictured left). On display will be Millie's rosemaling and Winter Village to include a working train! Appetizers will be provided.

Godt nyttår!

Fraternally, Karen Ravnaas, Sunshine Director, 719-390-0621



2023 Family Christmas Dinner



A Merry Thanks to all who volunteered at this event and a SPECIAL Merry THANKS goes to Terry and BJ Mapstone who coordinated this event and made it happen!

Pics Clockwise: Carol Hackett/ Inger Pappas and Nancy Allen, with Inger's daughter left/ Fjellheim kids by the tree /Cynthia and Norm Pechacek/ Mark and Cathy Wedo

Valentine's Day Fish Fry

Fjellheim Lodge

Viking Hall, 1045 Ford Street
Colorado Springs. CO 80915

Saturday, February 17, 2024 @ 2:00 pm



Menu



Walleye
Pulled Pork, Baked Potatoes
Coleslaw, Fresh Rolls
Dessert

Your Name: _____

Phone Number: _____ E-Mail: _____

Please include your phone and e-mail in case we need to contact you. Thanks.

Dinner Reservations: **Seating is Limited**

	Number Attending	Cost	Total
Members		X \$25.00 = \$	
Guests-Non-members		X \$25.00 = \$	
Student – age 10-16		X \$10.00 = \$	
Under 10		X \$ 0.00 = \$	
		Total = \$	

Payment Option (Check the circle to indicate your choice):

- Check: Make out to **Sons of Norway** and mail the form and your check to:
Karen Ravnaas, 5295 Water Dipper Rd, Colorado Springs, CO 80911-3479
- Cash: pay at the door.

NOTE: Mail reservations to **arrive no later than Thursday, February 15, 2024.**

After that date, call Karen @ 719-390-0621 for space availability and registration.

NOTES/Special Requests:



In Loving Memory
Grace Phyllis Kathleen Johnson
July 7, 1930 - August 11, 2023



Grace Phyllis Kathleen Johnson was born to John and Martha (Fyllesvold) Johnson on July 7, 1930, on the family farm in Ward County near the town of Plaza, ND. She was the youngest of eight children. Near the farm was a one room school where she attended the first grade, attending other grades in Plaza. In 1948, she graduated from Plaza High School. A few miles from the farm was Spring Valley Lutheran Church which her family faithfully attended and where Grace was baptized and confirmed. The family plot is in the cemetery around the church and Grace's ashes will be buried there.

Grace attended Minot State Teachers College from 1948-1950, North Dakota University in Fargo from 1954-55, and Northern University of Colorado in Greeley, CO in the summer and fall of 1959. She taught in Hazelton, ND in 1950-51; in Hazen, ND from 1951-54; in Owatonna, MN from 1955-56; in Great Falls, MT from 1956-59 and in Colorado Springs, CO from 1960-1986, retiring there in 1986.

A very social person, Grace greatly enjoyed her 4th grade students and being with family and friends. She was a member of the Alpha Kappa Teachers Society since 1967 and was very active in the churches she joined over the years. She enjoyed bowling, softball as a kid, snow skiing, golfing, playing board games and cards, and reading.

Grace was a charter member of the Fjellheim Lodge, Sons of Norway. Stories have been told of her gregarious personality, her ability to make people laugh, her love for playing cards at the lodge (Play nice now! was her mantra.).

From Mary Beth Ingvaldstad: We loved her. She was such a "hoot" during our skits back in the day. Such a great sense of humor and love of life. Ga i fred, kjaere Grace!

From Ole Bakken: Grace had many friends in the Sons of Norway Lodge in Colorado Springs of which she was a charter member. The Lodge recently celebrated its Fiftieth Anniversary, and she was mentioned prominently several times during the anniversary program. She was an outstanding member and actively participated in Lodge activities. She particularly enjoyed music programs and skits. She will be fondly remembered by her many former students and fellow staff members in School District 11. Å denne var godt, Grace!

During summer vacations while teaching, she visited many foreign countries, going to Norway several times to visit her grandparents' farm. For many years she organized family reunions on the family farm that was still worked by her twin brothers, Max and Miles. Those reunions became favorite memories for us all, especially the huge bonfires to roast marshmallows, fireworks on the 4th of July, and lots of food. (However, there was a time our fireworks set Max's fallow field on fire and Max was embarrassed when the Plaza Volunteer Fire Department had to show up!) In later years, Uncle Jack started a tradition of having family reunions with Grace, Jack, and us cousins — in Minnesota three times and also in Virginia, Washington, and New Orleans.

In 2011, Grace became desperately ill, and she could no longer live on her own in Colorado Springs. So, her good friends, Lu-Ann and Betsy, went to help take care of her and to begin deciding what to take to Minnesota. Then Jan went to pack up her things, to sell her house and to bring her to Minnesota. In September 2011 she moved into Tradition Senior Living in Brooklyn Park. Remarkably, she greatly improved and lived there until 2020, making many good friends. After a small stroke, she moved to Suite Living in Little Canada. On August 6 she suffered a massive stroke and died peacefully on August 11.

Grace is preceded in death by her parents, John and Martha Johnson, and by her siblings: Art and his wife Alice, Irene and her husband Everett Hartsook, Verna and her husband Ben York, Ruth (who died as a baby), Max, Miles, and Jack and his wife Edna. Grace is survived by many nieces and nephews and good friends. She was much loved by all who knew her, and she will be deeply missed. Her memory will be a blessing.

<https://www.legacy.com/us/obituaries/name/grace-johnson-obituary?id=53109350#obituary>

Beloved Memory of
Laura Leigh Jahnke



A Mother's Prayer
Ode to Laura-Leigh

She isn't very big, Lord. She isn't very strong. According to this world, Lord, she's put together wrong. She isn't like the others. She cannot run and play. She just lies there on the floor, Lord, day after day. Forgive me when I cry, "Lord, this is hard to take!" I scream at You and shout, "Lord, you made a big mistake!" What about the times, Lord, when she nearly chokes to death? She struggles and she strangles! She cannot get her breath. And what about my fear, Lord, that she will degenerate? It's hard for me to realize there's a purpose and a plan to everything You do, Lord; help me understand! She's taught me how to love, Lord, this child you gave to me. You created in her a pure heart: that the world can see. She's taught me the meaning of compassion, of empathy, and faith. This innocent, precious soul, Lord, my angel, my little waif. Most important of all, she brought me near to You, and I know that one day, I'll see her as you do.

Kari Beck (Jahnke)

In Loving Memory...

Laura Leigh Jahnke

June 24, 1985 - November 24, 2023

Laura Leigh Jahnke, daughter of Kari Jahnke Beck and Granddaughter of Vivian Bjornen, passed away at the age of 38, on November 24, 2023. It is always difficult saying goodbye to someone we love and cherish. Family and friends can say goodbye to their beloved Laura Leigh Jahnke at the below website.

Laura Leigh was a constant guest at Fjellheim Lodge when her parents, Kari (Jahnke) and Mark Beck, and her brothers brought her to our lodge events. In spite of her disabilities, it was a pleasure to see her there and to know the love and humility she brought to all of us. Rest in Peace, Laura Leigh.

Laura Leigh's obituary can be seen

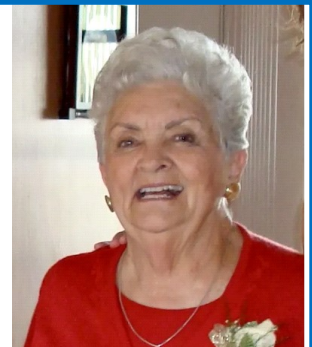
@ <https://www.echovita.com/us/obituaries/co/colorado-springs/laura-jahnke-17268239>



In Loving Memory... Shirley L. Sampson

April 27, 1934 - November 7, 2023

Shirley Lynn Sampson was 89 years old when she passed away on November 7, 2023. She was born on April 27, 1934, to Gerald and Margaret Golden. She grew up on the West side of Colorado Springs in Pleasant Valley and graduated from Colorado Springs High School in 1952. She was married to Dr. John J. Sampson M.D. on March 23, 1974, in Colorado Springs, Colorado.



Her professional career began at age 16 when she worked as a switchboard operator for Mountain Bell and advanced in her 30-year career to become a regional manager in Colorado & in Utah. After retirement, she was John's office manager at his ophthalmology office until he retired.

Shirley and John took pleasure in traveling overseas and especially to Norway because of John's Norwegian heritage. The family would attend the Sons of Norway festivities where they wore their Norwegian Bunad costumes, delighted in eating Norwegian food, and fellowshiping with friends. **Ole Bakken sends this:** Shirley actively participated in Lodge events with her husband Dr. John Sampson. Dressed in their bunads, they made a striking couple who often served as greeters. A big advantage to having the Sampsons serve at Lodge activities was that they encouraged their son, his wife, and their grandchildren to also serve with them. It was a pleasure to see them all in festive attire! Her memory brings a smile to many faces!

Shirley is preceded in death by her husband, Dr. John J. Sampson M.D. and her younger sister, Mary Lou Pollart. She is survived by her brother, her son, James Sampson (Patty), and her granddaughters and their families.

Shirley's full obituary can be found

@<https://www.shrineofremembrance.com/shirley-sampson-november-7-2023/>



January Birthdays



Daniel Eugene Pyhtila	3
Dorothy G Everett	4
Amie Riley	4
Randy A Switser	4
Nanette Walker Smith	8
Cita L Helseth	12
Inger Pappas	14
Gary H Barnes	15
Ruth Elizabeth Young	16
Julie E Furstenau	18
Karen K Isaly	21
Sonja M Thomas	21
Maria M Zakrzewski	21
Cynthia Laurie Pechacek	22
Randi L Babcock	25
Clairette Bakken	25
Olivia Arens	26
Carol J Eacker	26
Christopher Hardy	27
Rebecca E Tamblyn	27
Jeff W Hansen	28
Hazen Thomas. Jr.	30

Heritage and Youth

Chambliss Schneider 20



Kendall Kjerstad
Financial Benefits
Counselor

Cell: (970)-978-1634
 Office: (970)-697-1114



FJELLHEIM - 2023 OFFICERS

Board of Directors

President	Vacant	
Vice-President	Vacant	
Counselor	Becky Tamblyn	719-271-3631
Secretary	Karen Ravnaas	719-390-0621
Treasurer/Finance	Terry Mapstone	719-351-5644
Membership	Kathie Godsil	719-229-9289

Program Directors

Sunshine	Karen Ravnaas	719-390-0621
Cultural Coordinator	James Mattox	
Social Coordinator	Kathie Godsill	719-266-9592

Support Officers

Greeters	Hazen, Sonja Thomas	719-475-0429
Marshalls	Leonard Beasley	719-471-1801
	David Haugen	719-599-0810
Editor	Kerry Hefta	719-651-3677
Web Page	Susanne Arens	
Facebook	Kerry Hefta	719-651-3677
Musician	Sonja Gund	719-473-9588
Publicity	Eunice Bluhm	719-351-3554
Foundation	Kerry Hefta	719-651-3677
Librarian	Sonja Gund	719-473-9588

Committees/Special Activities

Auditors	John Larson	719-570-0043
Financial Benefits	Kendall Kjerstad	970-978-1634 or 970-697-1114

Fjellheim Management Corporation (FMC)

President	Terry Mapstone	719-254-0955
Directors	Newell Nesheim	720-202-3161
	Karen Ravnaas	719-390-0621
	Paul Wiig	719-596-6159
	John Larson	719-570-0043
	K. Max Canestorp	719-685-4583
	Norman Pechacek	719-574-1938
	Cynthia Pechacek	719-574-1939
Trustees	Terry Mapstone	719-254-0955
	Vacant	

Colorado Zone 8 Director Diane Molter 303-288-6014
GRNBViking09@live.com
zone8@sofn6.org

District 6 President Lis Barca
president@sofn6.org

Sons of Norway International Board Luella Grangaard
luella.grangaard@sofn6.org

Sons of Norway

Monthly Newsletter

Kerry Hefta, Editor

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1045 Ford Street

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*Fjellheim Lodge 50th
Anniversary*



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pampered|chef

INDEPENDENT CONSULTANT

<http://tinyurl.com/nws-pchef>

www.pamperedchef.com > Nanette Walker Smith



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